

Basic Beef Stew with Carrots and Mushrooms

Yield: 8 servings (serving size: about 1 cup)

Ingredients:

- 1 tablespoon olive oil, divided
- 1 pound small cremini mushrooms
- Cooking spray
- 2 cups chopped onion
- 3 garlic cloves, minced
- 1/3 cup all-purpose flour (about 1 1/2 ounces)
- 2 pounds lean beef stew meat, cut into bite-sized pieces
- 3/4 teaspoon salt, divided
- 1 cup dry red wine
- 1 tablespoon chopped fresh thyme
- 2 (14-ounce) cans less-sodium beef broth
- 1 bay leaf
- 2 cups (3/4-inch) cubed peeled white potato (about 1 pound)
- 1/2 cups (1-inch) slices carrot (about 12 ounces)
- 1/2 teaspoon freshly ground black pepper
- Fresh thyme sprigs (optional)



Preparation: Heat 1 teaspoon olive oil in a large Dutch oven over medium-high heat. Add mushrooms, and sauté for 5 minutes or until mushrooms begin to brown. Spoon mushrooms into a large bowl. Lightly coat pan with cooking spray. Add onion; sauté 10 minutes or until tender and golden brown. Add garlic; sauté 1 minute. Add onion mixture to mushroom mixture.

Place flour in a shallow bowl or pie plate. Dredge beef in flour, shaking off excess. Heat remaining 2 teaspoons oil in pan over medium-high heat. Add half of beef mixture; sprinkle with 1/8 teaspoon salt. Cook 6 minutes, browning on all sides. Add browned beef to mushroom mixture. Repeat procedure with remaining beef mixture and 1/8 teaspoon salt.

Add 1 cup wine to pan, scraping pan to loosen browned bits. Add thyme, broth, and bay leaf; bring to a boil. Stir in beef mixture. Cover, reduce heat to medium-low, and simmer for 1 hour or until beef is just tender.

Stir in potato and carrot. Simmer, uncovered, 1 hour and 15 minutes or until beef and vegetables are very tender and sauce is thick, stirring occasionally. Stir in remaining 1/2 teaspoon salt and pepper. Discard bay leaf. Garnish with thyme sprigs, if desired.

Nutritional Information:

Calories: 303 (29% from fat)

Fat: 9.8g (sat 3.2g, mono 4.7g, poly 0.6g)

Protein: 26.4g

Carbohydrate: 26.8g

Fiber: 2.3g

Cholesterol: 71mg

Iron: 3.9mg

Sodium: 494mg

Calcium: 54mg

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1142004&package_id=1153662